



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"It's normal to want to do everything for your relative, but it's equally important to set aside time for your personal hobbies or leisure activities. ~ Phyllis Liang*

## Caregiver Tip: Maintaining Relationships

Caregivers who are pulled in several directions by their multiple responsibilities often neglect their own relationships. This can lead to isolation and unbalanced relationships, factors which contribute to depression in caregivers.

Below are tips to help caregivers maintain relationships, create balance and lead healthy lives.

- Social media, such as Facebook, can help connect you to friends and family.
- Online communities such as, [ALZConnected](#) can connect you to other caregivers that can provide information or words of encouragement.
- [Community resources](#) may provide respite time for a few hours so that you can participate in an activity you enjoy.
- Connect with others by hosting a potluck get together at your home .

For more information on how to create and maintain relationships, read [Avoiding Caregiver Isolation](#).

## Resources:

**Medicare Part D Open Enrollment:** Learn about changes to your Medicare Part D Prescription Plan on Saturday, December 1, 10:30 a.m.-12:30 p.m. at Beatley library. RSVP by calling 703.746.5999 or online at [VICAP@alexandriava.gov](mailto:VICAP@alexandriava.gov).

**Holiday Celebration for Seniors:** Enjoy music and a luncheon, Friday, December 7, 10:30 a.m.-1 p.m., sponsored by the Alexandria Successful Aging Committee. To RSVP call 703.746.3275 or 703.746.5676 by December 4.

**Caregiver Support  
Group**  
**Wednesday,**  
**December 5, 2018**  
**4-5:30 p.m. at the**  
**Alexandria Adult Day**

For questions, comments or to remove your name from our mailing list, please email [DAAS@alexandriava.gov](mailto:DAAS@alexandriava.gov) or call 703.746.5999.



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